

# HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. 11, ISSUE 01

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

JANUARY 5, 2007

## Beale Airmen STEP it up

By Airman 1st Class  
George Cloutier  
9th RW Public Affairs

Two outstanding Team Beale NCOs were recently given surprise promotions through the Stripes for Exceptional Performer program.

The purpose of the STEP program is to promote Airmen for compelling reasons and is based on recommendations from subordinate commanders' personal knowledge of the individual.

Recently promoted Tech. Sgt. Theresa Buehler, NCO-in-charge of the U-2 Global Hawk Transition Team and

Master Sgt. Noel Martires, 9th Services Squadron Ramoneda Dining Facility manager were both awarded new stripes for their outstanding work and contributions to the mission of the 9th Reconnaissance Wing and the Global War on Terror.

Brig. Gen. H. D. Pumbo, Jr., 9th RW commander, Chief Master Sgt. Michael Morey, 9th RW command chief master sergeant and many other members of Team Beale senior leadership personally presented the surprised NCOs with their new rank and thanked them for

see STEP page 3



Master Sgt. Noel Martires, 9th Services Squadron Ramoneda Dining Facility manager, gets his master sergeant stripes "tacked on" by Chief Master Sergeant Michael Morey, 9th Reconnaissance Wing command chief master sergeant, and Brig. Gen. H. D. Pumbo, Jr., 9th Reconnaissance Wing commander. Sergeant Martires was one of Beale's two newest STEP promotion program recipients. (Photo by Airman 1st Class George Cloutier)

## Beale reaches forefront of environmental restoration

By Michael O'Brien  
9th CES restoration element chief

Beale's Environmental Restoration Program is on the forefront of remediation technology implementation and expedited cleanup.

The list of innovative remediation technologies being applied at Beale include soil vapor extraction, bioventing, hydrogen injection, phytoremediation, chemical oxidation and now bioremediation.

The Beale environmental flight, contracting to CH2M HILL, has built one of the largest En-

hanced In Situ Bioremediation systems on the west coast at ERP Site 10, near the old SR-71 engine test cell in Building 1152.

The EISB treats groundwater that has been impacted by past practices at the site. Currently, the impacted groundwater is not a threat to base personnel or the environment. An EISB system uses two fundamental processes to help treat groundwater contaminated with solvent. Those two processes are called biostimulation and bioaugmentation. Both of these processes occur within the ground which is more efficient than having to

see ENVIRONMENT page 4

## Civilians get late Christmas present

By Airman 1st Class George  
Cloutier  
9th RW Public Affairs

Civilian personnel employed through the General Schedule pay system at Beale will be receiving a little something extra in their pay checks starting this year.

A recent executive order signed by President Bush in-

creased the pay of federal employees in certain areas throughout the U.S. and also increased the pay of GS employees at Beale. The change which also affected Non-Department of Defense federal employees in the local area, raised salaries by approximately eight percent following the inclusion of both Yu-

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*The annual Martin Luther King, Jr., Day breakfast is scheduled for Friday. See Page 5 for more information.*



## OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

**Open Line number:**

634-8888

**Open Line e-mail:**

9RWPA@beale.af.mil

**Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)**

# Transformation: It affects us all

By Maj Frank Howard  
9th Security Forces Squadron commander

No one likes change. With all of the discussion on transformation, the drawdown in our forces, along with our seemingly growing mission, the aspect of this latest change seems daunting.

In 1983, the base that I was assigned to as an airman 1st class had a law enforcement flight of 12 people.

There was only one gate, but two people manned it around the clock, and an additional person or two worked the visitor center during days.

There were three, 2-man patrols to cover a small cantonment area and a very small base housing area.

We had a master sergeant assigned as a flight chief, a technical sergeant as the assistant flight chief, and there was both a desk sergeant and desk clerk.

We worked 8-hour shifts, had enough time and manpower to conduct training, and customer satisfaction seemed to be quite high (from my perspective at the time).

At that same base, our security flight

consisted of 25 personnel providing flightline security for two KC-135 restricted areas, two C-141 restricted areas, and a C-5 restricted area. Back then we had boundary guards (you used to walk your post then), entry controllers to most areas on the flightline, 2-man internal and external security response teams, two people in central security control, and a master sergeant flight chief and his assistant.

All tolled, there were about 37 security policeman each shift keeping that small airbase secure everyday. Times have changed.

First, our career field is no longer "specialized" between law enforcement and security.

We are no longer forward based at cold-war era installations, but now deploy forward to multiple areas.

In 1983 the Air Force had around 609,000 personnel.

Today it sits at 350,000; with this reduction, the Air Force must transform to meet its current mission requirements.

My career field has undergone "shrinking" pains and is in the process

"... we must shift our mindset from 'how we used to do things in the past' to one of 'how can we do it now.'"

Maj. Frank Howard  
9th Security Forces Squadron Commander

of transforming how we do our mission as well.

That first base I told you about, the one that had 37 cops assigned per shift ... it is now secured with about 10. That base had to transform how it conducted its security and law enforcement missions, just as we must continue to transform today.

As we draw down our forces, we must shift our mindset from "how we used to do things in the past" to one of "how can we do it now."

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Published photos are official Air Force photos unless otherwise indicated. **Deadline for all editorial submissions is noon Thursday one week prior to publication.** Deadline for Beale classified ads is 4:30 p.m. Tuesday the week of publication.

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<http://highflyer.theunion.com>

## Sortie Update

as of Jan. 3

	1st RS	99th RS
Aircraft	U-2 T-38	U-2
Goal	68 271	135
Flown	0 0	0
Ahead/Behind	0 0	0

# BAADD SAVES

# 161

THIS YEAR

CALL 634-5555 FOR A SAFE RIDE HOME

## WHERE IN THE WORLD IS TEAM BEALE?





**STEP from page 1**

their hard work and dedication.

"Receiving a STEP promotion is one of the highest honors the Air Force can give an enlisted person," Chief Morey said. "Of the hundreds of enlisted warriors who do a fantastic job every day fulfilling the ISR mission, these two NCOs displayed exceptional leadership potential, and because of that General Pumbo saw fit to reward them with something that will invigorate them to continue doing great things for our Air Force."

Sergeant Buehler, who is currently deployed to Southeast Asia as the administrator for a Joint Special Operations Task Force, has a running history of outstanding contributions in her main duty of assisting the U-2 to Global Hawk transition and also in the deployed environment.

Noteworthy contributions that lead to her selection for STEP promotion include:

- \* Air Combat Command and 9 RW Air Force Information Management NCO of the year for 2004

- \* Selected as first choice to stand up U-2 and RQ-4 transition team

- \* 2004 Air Force Command and Control winner for significant information management contribution throughout the Air Force

- \* Earned the Superior Performer Award for the 2006 ACC headquarters Unit Compliance Inspection for a flawless Freedom of Information

Act program

Sergeant Martires, whose contributions to the recent construction of the Ramoneda Dining Facility have been of immeasurable value to Team Beale, earned his STEP promotion through his consistent superior performance as a lead member of the 9th Services Squadron.

Noteworthy contributions that lead to his selection for STEP promotion include:

- \* Led the \$3.5 million Ramoneda Dining Facility construction project, procured \$655,000 in kitchen equipment

- \* Oversaw two deployed food operations, managed \$1.8 million contract supporting 4,000 deployed Airmen

- \* Initiated two self-help renovations at Offutt AFB, Neb., dining facilities, saving \$19,000 in labor costs

- \* Awarded Superior Performer Award for the 2006 ACC headquarters Unit Compliance Inspection, led 10-man-facility to Superior Team Award

"These individuals' accomplishments and achievements exemplify the success of hard work, commitment, and dedication to the mission which is why we are the greatest Air Power in the world," Chief Morey said. "I'm proud to be the command chief of a wing where the Airmen and NCOs consistently outperform their peers and truly embrace the service before self and excellence in all we do core values."



## Beale's bird count

The Western Burrowing Owl was one of the many birds identified during Beale's recent Christmas Bird Count. The Sierra Foothills Chapter of the Audubon Society visited Beale to take part in the Society's international annual CBC. Bird experts Ed Pandolfino and Dave Quady joined the 9th Civil Engineer Squadron's biologists to survey approximately a third of the base, identifying species and numbers of birds present. For more information about the bird watching event or Beale wildlife, call 634-2738. (Courtesy photo)

## WARRIOR SPOTLIGHT

### Airman 1st Class Javon Smith

**Unit:** 9th Operation Support Squadron

**Job:** Air traffic controller

**Hometown:** Willingboro, N.J.

**Air Force goals:** To continue my education and further develop my skills as an ATC

**Time in the Air Force:** one

year and nine months

**Hobbies:** Listening to music and watching sports

**The thing I like best about**

**Beale AFB:** The location, no matter what you are in to, Beale is in between it all.



Airman 1st Class Javon Smith is an air traffic controller with the 9th Operation Support Squadron. (Photo by Airman 1st Class Robert Biermann)



**ENVIRONMENT** *from page 1*

pump out the groundwater and treat it outside of its natural setting. Biostimulation is the addition of food for microorganisms. In the case of the Site 10 EISB system, sodium lactate meets this requirement. Food grade sodium lactate is derived from corn or milk and provides the needed energy for biostimulation to occur. Bioaugmentation is the addition of bacteria that are particularly suited to degrade a specific contaminant, such as solvents.

Site 10 uses a naturally occurring consortium of bacteria commonly referred to as the KB-1TM culture to address the solvent that is present in the groundwater.

The result of the biostimulation and bioaugmentation is groundwater that is free of the solvent. This process takes from four months to several years depending on groundwater conditions, the distribution of the sodium lactate, and the initial solvent concentrations.

Initially, laboratory experiments were performed to test the effects of various food sources for biostimula-

tion and the impact of adding bacteria, like KB-1TM, to soils at Site 10.

Test results showed that sodium lactate was the most effective food source for biostimulation at this site. Following the laboratory testing, a field pilot test was performed. The pilot test showed nearly complete degradation of the solvent in 4 months.

Great progress has been made over the course of two years in terms of EISB implementation and cleanup. The full scale EISB system began construction in 2004. The system was built out in three separate phases. Phase 1 began operation in January 2005. Phase 1 has successfully treated approximately three acres of the high concentration area.

Phase 1 has degraded about 50 percent of the solvent mass within the high concentration area.

Phase 2 of the EISB system was installed in August 2006 and will treat an additional three acres and about

25 percent of the mass of solvent within the high concentration area.

Phase 3 was installed in October 2006 and will treat the remaining mass of solvent within the high concentration area. The EISB system is continuously optimized by using tracer tests and computer models to predict system efficiency.

When complete, this work will have cleaned the high concentration area at Site 10 over a five to eight year period and will have cost approximately \$2 million. Pump and treat technology would take up to 70 years and would cost over \$7 million. The success of the Site 10 EISB system makes it possible to apply this technology at other sites at Beale with larger areas of contamination. Beale has partnered with regulatory agencies to accelerate the cleanup processes at Beale. This type of initiative and teamwork puts Beale on the forefront of environmental restoration.

**RAISE** *from page 1*

ba and Sutter counties in the Sacramento locality pay area.

The increase comes as a long awaited adjustment for members of the Federal Manager's Association at Beale, who throughout recent years have been working to set pay rates for Team Beale's civilian employees on an even level with other federal employees in the Sacramento locality pay area.

"The Beale FMA chapter has been trying to convince the Federal Salary Council that Yuba County should be included in the Sacramento locality pay area since 2004," said Karen Wilson, 9th Civil Engineer Squadron Resources Flight chief, who also serves as a pay parity proponent in the local Federal Managers Association chapter. "We put together a comprehensive package showing how Beale inter-relates with all the counties that were in the Sacramento locality pay area."

One of the main points the package addressed was the challenge Beale has faced in trying to attract and keep civilian employees due to the im-

balance offered in locality pay between Beale and other employers in the area.

"We also showed that it is difficult keeping employees because there are so many jobs within the Sacramento locality pay area, that Beale civilian employees can get a pay increase somewhere else even if the position is at the same grade level," Ms. Wilson said.

The package was assembled in 2004 and sent in to the Federal Salary Council, however it wasn't until the next year, in 2005, before Beale's package was reviewed.

"The board said that it was a good case, although when they looked at it legally they said it didn't meet the justification in accordance with their policy documents because locality pay is not designed to supplement people who live in Sacramento and commute here, locality pay offsets what it costs to do that type of business in a given area, like Yuba and Sutter counties," said C. J. Marquard, President of the local FMA chapter 381.

While the board could do nothing to help the Beale FMA due to the apparent legal issue,

that didn't discourage them from taking their cause to another authority.

"In 2005, we were in Washington D.C. for our annual FMA meeting, where we conduct training and look at federal employee issues government wide, when we spoke to Congressmen Herger about the pay issue," Mr. Marquard said. "He said although the budget is tight, what you're asking for is not excessive and it's reasonable. He cautioned us however because budget constraints are always tight."

Bearing the congressman's words in mind, the Beale FMA team went back to California, and considered submitting another pay parity package.

Despite challenges associated with the oncoming of the National Security Personnel System, which changed the name of locality pay to local market supplement, the local group discussed sending a new package to the pay board for 2006.

This time however, members of the Beale FMA got a little unexpected help in their campaign before the package

could be generated.

"What happened is that President Bush looked government wide and found some inequities," Mr. Marquard said. "He looked at the San Francisco Bay area definition and determined they needed a pay bump; he looked at New York City and said they need a pay bump; he looked at Baltimore and determined they needed a pay bump-so we kind of got swept into that movement and it was an executive order that caused the gears to turn."

Due to the executive order, starting in 2007 GS employees at Beale will receive not only their normal 2.2 percent pay increase, but an additional increase on top of that of 6.35 percent.

Yuba County has up until now been in the "rest of the United States" locality pay area, which is 12.64 percent, Ms. Wilson said. With the new pay adjustment, Beale will be in the Sacramento locality pay area, which is 18.99 percent.

The increase has already been approved and put into effect for GS employees, however it is still unknown whether

federal wage system employees will be seeing a similar pay increase.

"What is yet to be determined is whether federal wage system employees will receive the Sacramento area pay raise as well," Mr. Marquard said. "All indications point to that they will, but nothing is set in stone."

With hopes that GS and Federal Wage System employees alike will soon be sharing the same elevated pay benefits, the action is being celebrated as a huge success for Team Beale's civilian force.

"I'm just glad that the GS employees here are going to get the increase and hoping that the wage system employees are going to get it also," Mr. Marquard said.

The pay increase is a great morale booster that will certainly lead to better productivity, but more than that it will allow Team Beale to hire more "exceptionally well qualified" people, especially from the Sacramento area, Mr. Marquard said. Everything said, this is a win-win situation for federal employees and the government.

***Integrity first, Service before self,  
Excellence in all you do***



# Community Briefs

## Recycling changes

White paper recycling has changed to mixed recycling.

Aluminum cans, tin cans, plastic containers (numbers one to seven), glass beverage and food containers, take-out cups, juice boxes, milk, cream and non-dairy cartons, paper bags, paper egg cartons, wrapping paper, office paper, envelopes, junk mail, file folder, newspaper, magazines, catalogs and telephone books can be placed in the blue recycling holder.

Styrofoam, carbon copies, candy wrappers, food waste and rubber bands are not accepted. Please do your part in efforts to reduce, reuse and recycle.

For more information, call Kent Hawley at 634-2657 or e-mail at [kent.hawley@beale.af.mil](mailto:kent.hawley@beale.af.mil).

## Dr. Martin Luther King breakfast

The annual Dr. Martin Luther King, Jr., Day breakfast is scheduled for Friday at 7:30 a.m. at the Recce Point club.

The menu includes grits, eggs, potatoes, bacon or sausage, danish or muffins, biscuits and coffee, tea, juice and water for \$9 for members and \$11 for non-members. Lt. Col. Sheila Robinson will speak.

For more information, call your first sergeant or Orlando Richards at 634-3974.

## Airmen Development Program

The Airmen Development Program gives Airmen an opportunity to excel by offering them appointments to the Air Force Academy.

Unit and wing commanders can nominate highly qualified Airmen to attend the preparatory school with the intention of an academy appointment to follow.

For more information, call education center at 634-2525.

## \$2,000 General Arnold grant

Last year, the Air Force Aid Society awarded \$6.5 million in college education grants to Air Force dependants.

All military dependants are eligible. Visit the Airman and Family Readiness Center to pick up an application or visit <http://www.afas.org>.

For more information, call the Airmen and Family Readiness Center at 634-2863. The deadline for applications is March 9.

## College scholarships

For information on college scholarships for military members and dependants, call the education center at 634-2525.

## OB orientation

An Obstetrician orientation class for all expectant parents is held the third Wednesday of every month from 9 a.m. to noon in the clinic conference room at the clinic. The class is open to all ranks and provides information and resources pertaining to prenatal care, nutrition, exercise, breastfeeding and Tri-care coverage. For more information, call Roberta Trumm at 634-0626.

## Breastfeeding Class

A free breastfeeding class is held

the second Tuesday of every month from 4 to 6 p.m.

The class teaches mothers the benefits of breastfeeding, tips on making breastfeeding successful and answers to many breastfeeding questions. Classes are taught by lactation consultant, Capt. Mary Severson. For more information, call Roberta Trumm at 634-0626.

## New Parent Support Program

Being a new parent offers new challenges and satisfactions.

The New Parent Support Program helps new parents overcome challenges by providing books, information, and resources to help through the first three years.

For more information, call Roberta Trumm at 634-0626.

## Chief recognition ceremony

The Beale Chief's Group Chief Master Sergeant's recognition ceremony has been scheduled for Jan. 19 at Recce Point.

Social hour begins at 6 p.m. with a formal ceremony to follow. Military dress is semi-formal mess dress. Male civilians must wear a coat and tie and woman must wear dinner dress. For menu options and prices, call 634-3076.

## Pharmacy medication options

There are two new ways to obtain medications - the Automated Pharmacy Machine located at the Base Exchange and the clinic lobby, or the Tricare Mail Order Pharmacy.

The APM only dispenses refill prescriptions and requires a personal identification number, which can be

obtained at the pharmacy pick-up window located in the clinic waiting area.

The following can not be dispensed out of the APM: new prescriptions, controlled substances or narcotics, large bottles and boxes and medications requiring mixing or refrigeration.

In addition, the TMOP program permits medications to be regularly delivered directly to the individual's home.

For more information about the TMOP program, visit <http://www.tricare.mil/Pharmacy>. The Pharmacy is open Monday through Friday from 7:30 a.m. to 5:00 p.m. and closed on all major holidays. Call the pharmacy at 634-2337. For refills, call 634-2859.

## National Day of Prayer breakfast

The National Day of Prayer breakfast is scheduled for Jan. 17 at 7:30 a.m. at the Recce Point Club.

The guest speaker is Ch. (Maj. Gen.) Charles Baldwin, Air Force chief of chaplains. RSVP is required by Jan. 15 and the cost is \$4 for staff sergeants and below and \$8 for all others.

For more information or to sign up, call Staff Sgt. Brian Ramirez or Senior Airman April Castro at 634-4701 or 634-4705.

## Expanded Saturday hours

The 9th Support Division's customer service office will be open to provide ID Card and DEERS update services Jan. 6, Feb. 3, March 3, April 7 and May 5. Hours of operation will be 9 a.m. to 12 p.m. and no

see **COMMUNITY**, page 6

COMMUNITY from page 5

appointment is necessary.

The Administrative Support Flight's customer service counter is located in the Consolidated Support Center, Building 25216, Room 110. Normal business hours are 7:30 a.m. to 4:30 p.m., Mondays, Tuesdays and Fridays, and 8:30 a.m. to 4:30 p.m., Wednesdays and Thursdays, except for holidays.

For more information, call customer service at 634-3187.

BESC

The Beale Enlisted Spouses' Club has scheduled its first meeting for Wednesday at 6:30 p.m. at the Recce Point club in the enlisted bar.

The meeting is open to all enlisted spouses. For more information or questions, call Michell Morey at 788-9704.

Promotion fact sheet

WAPS testing for technical and master sergeants begins Feb. 1. WAPS testing for staff sergeants begins May 1. The promotion fact sheet is available at <http://ask.afpc@randolph.af.mil/eprom>.

All eligible individuals are required to be prepared to test on the first day of the cycle.

For more information or questions, call your unit monitor.

ID card appointments

Beginning Jan. 16 the Customer Service element of the Administra-

tive Support Flight will begin making common access cards by appointment as well as walk-ins.

Individuals needing a CAC may call in advance to schedule an appointment on or after Jan. 16.

This change will be on a trial basis and is intended to control and reduce wait times.

Appointments may be made by calling 634-3187 and are available in 30-minute increments between 8 a.m. and 3:30 p.m. on Mondays, Tuesdays and Fridays and between 8:30 a.m. and 3:30 p.m. Wednesdays and Thursdays.

For more information, call Bill Hoerman at 634-5134.

**TAP**

The next Transition Assistance Program class is scheduled for Monday to Friday.

The program helps military members make a smooth transition into the civilian community.

For more information, call the Airmen and Family Readiness Center at 634-2863.

**Wingman training**

Wingman training is scheduled for Tuesday at 8 a.m. at the Airmen and Family Readiness Center.

The training teaches individuals how to be outstanding wingmen to Team Beale members on their return from deployment.

To register, call 634-2863.

**Investing class**

"It's your move: A game plan for investing," the Airmen and Family Readiness Center's in-depth investment program is scheduled for Jan. 18 from 1 to 4 p.m.

The program includes concepts such as understanding the investment world, to include risk tolerance, liquidity, marketability, etc.

To register, call 634-2863.

**Holiday decorations guidance**

All holiday decorations must be removed no later than Monday.

**BAA meeting**

The Black Awareness Association holds a weekly Tuesday meeting in the Community Center Reno Room from 12 to 1 p.m.

For more information, call Airman 1st Class Taraus Boyd at 634-2690 or Staff Sgt. Leray Smedley at 634-8521.

**Girl Scouts**

Girl Scouts of Tierra del Oro, the Beale service unit, is in need of adult volunteers.

For detailed position descriptions or for more information, call Tonia McCall at 800 322-4475, extension 2792.

Also ask about joining a troop, it's not too late.

**Airmen's Attic**

The Airmen's Attic is still taking

good, reusable clothes, toys and uniforms and is running low on girls and maternity clothes, toys and baby items.

The attic is located in Temporary Living Facilities and is free for staff sergeants and below. Every second and fourth Friday they are open to master sergeants and below, and an All Rank's Day is held monthly.

The attic is open Mondays and Wednesdays from 10 a.m. to 1 p.m. and Fridays from 10 a.m. to 4 p.m.

For more information, call the attic at 634-5640 or after hours at 788-2993.

**Administrative support flight reorganization**

Individuals visiting the Administrative Support Flight for assistance with passenger travel, personal property, awards and decorations, right start and sponsorship and technical orders and publications should be aware that these individuals have reorganized within the office.

Phone numbers remain the same but personal property and passenger travel staff have relocated from the counters in the lobby to Room 118 towards the back.

The awards and decorations, right start and sponsorship and technical orders and publications staff have moved from Room 118 into the counter area in the lobby.

For more information, call Bill

see BRIEFS, page 7



**BRIEFS from page 6**

Hoerman at 634-5134.

**High Flyer classifieds**

Military members can place classified ads in the High Flyer at <http://highflyer.theunion.com/classifieds>.

The deadline for submitting classifieds is Tuesday at 4:30 p.m. for the following Friday's edition.

**Firing range safety**

The base firing range, located northeast of the intersection of Warren Shingle Boulevard and Doolittle

Drive, as well as the machine gun range located adjacent to Miller Lake are designated as no trespassing areas.

When the red flag is flying or the red beacon is flashing at the base firing range, Friskey Lake is off limits.

When the red flag is flying and the barriers are up adjacent to Doolittle Drive and the Explosive Ordnance Disposal range, the machine gun range and Miller Lake are off limits.

Entering into these areas for other than official business is illegal and extremely dangerous due to gunfire.

For more information, call combat arms at 634-2876 or the law enforcement desk at 634-2131.

**Beale Thrift Shop**

The Beale Thrift Shop is open from 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays. Consignments are accepted until 12:30 p.m.

Proceeds from sales go to the Beale Officers' Spouses' Club's charitable fund used for scholarships and community donations.

The shop is located at 6201 B St. in the Omni parking lot across from

the commissary. For more information, call 788-1892.

**Deadline for submissions**

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date.

Submissions are printed on a space available basis. Submissions after the deadline will not be published until the following week.

News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

*Planning a vacation? Need to get away?  
Visit <http://www.afvclub.com>*

### **Foothills Chapel**

*15001 Camp Beale Highway  
(Family housing area)*

Protestant "Praise" worship service  
Sundays, 9 a.m.

(includes "Parents' Nursery" and  
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

### **Valley Chapel**

*6199 C St. (Main base)*

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

**Protestant Programs:** Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

**Protestant Bible Study Groups:** Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

**Catholic Programs:** Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

**MOPS (Mothers of Preschoolers):** Second & fourth Thursdays at Foothills Chapel.

*Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.*



# Beale Bijou

634-2521



## Friday evening Open Season (PG)

*Paul Westerberg, Gary Sinise*

A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters. 100 min.



## Saturday evening The Guardian (PG-13)

*Ashton Kutcher, Kevin Costner*

After losing his crew in a fatal crash, legendary Rescue Swimmer, Ben, is sent to teach at "A" School, an elite training program for Coast Guard Rescue Swimmers. Wrestling with the loss of his crew members, he throws himself into teaching, turning the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who is driven to be the best. 136 min.



## Wednesday evening The Grudge 2 (PG-13)

*Sarah Michelle Gellar,  
Amber Tamblyn*

In Tokyo, a young woman is exposed to the same mysterious curse that afflicted her sister. The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. 102 min.

### Upcoming movie events:

Friday, Jan. 12 - The Marine

Saturday, Jan. 13 - The Grudge 2

Wednesday, Jan. 17 - Everyone's Hero

Movies are being shown at the  
Community Center as the Beale Bijou  
undergoes renovations.

Evening movies play at 6 p.m.  
unless otherwise specified.

The cost is free.

For more information, call 634-3165.



**Congratulations to the following technical sergeants for their recent graduation from NCO Academy. (Photo by Tech. Sgt. Anthony Fleming)**

#### Back row:

**Nicholas Gasper**

*9th Medical Support Squadron*

**Erica McCray**

*13th Intelligence Squadron*

**William Hamby**

*9th Logistics Readiness Squadron*

**Tracey McDonald**

*9th MDSS*

**Stuart Knop**

*9th Intelligence Squadron*

**Christopher Conway**

*9th Maintenance Group*

#### Front row:

**Chad Kutcher**

*9th Maintenance Squadron*

**Erik Tarver**

*372nd Training Squadron, Detachment 21*

**David Toy**

*13th IS*

**Raphael Torres**

*48th IS*

**Dino Magbitang**

*9th Reconnaissance Wing*

**Clark Curtis**

*9th Aircraft Maintenance Squadron*

[www.airforceonesource.com](http://www.airforceonesource.com)

# Cookie Crunch brings taste of home to Beale Airmen

By Senior Airman Christine Collier  
9th RW Public Affairs

Team Beale volunteers brought a little bit of home to dorm residents this year in the form of close to 10,000 homemade cookies during the 2006 Cookie Crunch.

The annual Cookie Crunch program provides cookies to single Airmen in the dorms on base during the holidays. Many Air Force bases around the globe participate in the program, making the season a little warmer for those Airmen unable to make it home.

"This program is just one more exam-

ple of how the Air Force and those of us at Team Beale are working to make things better for our young Airmen," said Chief Master Sgt. Michael Morey, 9th Reconnaissance Wing command chief master sergeant. "It also demonstrates how much the Beale community cares for its own - coming together and volunteering to bring a piece of home to these brave men and women who can't celebrate the holidays with their families."

In past years, many of the cookies provided for the Cookie Crunch were store-bought. However, this year, the

goal of the volunteers was to make as many homemade cookies as possible, said Angie Russell, Cookie Crunch coordinator.

"I felt as though if Airmen wanted store-bought cookies, they could get them themselves," Mrs. Russell said. "It was important that they should get homemade cookies, since one of the things many people remember about Christmas are the homemade items."

The Cookie Crunch volunteers, included Beale Officers' Spouses' Club members, the First Sergeants' Association, enlisted servicemembers, spouses

and civilians. Also, a little help from the local community made this cookie event even more memorable.

A local farm donated the use of their industrial kitchen and ovens, where over 6,000 cookies were baked, said Mrs. Russell. Ribbons, stickers and plastic containers were also donated by local merchants.

"It was truly a Beale and local community event," Mrs. Russell said. "I want to give a big thank-you to everyone who donated their time. It couldn't have been done without all of these great people."

# Learning to live with diabetes

By Senior Airman Cory Philp  
9th Medical Operations Squadron

What is diabetes and why should individuals be concerned about it?

It might be surprising to know that diabetes is the sixth leading cause of death in the United States. For individuals between the ages of 20 and 74, it is the leading cause of new cases of blindness and kidney disease.

Chances are good that you know someone afflicted by this disease who can tell you what hardships it creates in their lives.

There are two types of diabetes: type one and two. Type one takes place when the body does not make the hormone called insulin. Insulin helps the body use glucose as fuel. Type one diabetes, also called juvenile diabetes is considered the most serious form.

About 90 to 95 percent of people with diabetes have type two diabetes. This means the body does not produce enough insulin or cannot use the insulin it does

produce. Type two is more common in adults but is increasing in young people.

According to the CDC?, in 2003 about 6.2 percent of the population had diabetes. Of these, about one third didn't know they had diabetes. (Remove?)

In some cases diabetes can lead to heart disease, kidney failure, stroke, blindness and even foot or leg amputation. Individuals with a family history of diabetes, or any of the symptoms listed below may want to be screened.

Although no one is sure what causes diabetes, research shows that people who have the following may be at higher risk:

- \* Family history of diabetes
  - \* Being overweight
  - \* Being inactive
  - \* Having high cholesterol or blood pressure
  - \* Over the age of 45
- Signs and symptoms of diabetes can include:
- \* Increased thirst

- \* Increased urination
- \* Increased appetite
- \* Fatigue
- \* Blurred vision

Obesity is the most important risk factor for type two diabetes. About 80 to 90 percent of people who have diabetes are overweight. A healthy diet and regular exercise of 30 to 60 minutes most days of the week can help individuals lose weight and keep it off, thus improving the chances of avoiding diabetes.

Treatment for diabetes is aimed at keeping blood glucose near normal levels at all times. This can be easily done by following some general guidelines, like eating a variety of foods and maintaining a healthy weight, limiting fat intake, especially saturated and trans fats, limiting cholesterol, eating enough starch and fiber, limiting sugar and limiting sodium. For more information on how to control blood glucose, call the Health and Wellness Center at 634-3500 or to get checked for diabetes, call your Primary Care Manager.

# Roll call: Keeping Airmen informed

By Chief Master Sergeant of the Air Force Rodney McKinley

Like you, the Air Force operates on a budget.

Congress authorizes us a certain dollar amount to fund our service. This includes everything from operating our aircraft to ensuring Airmen are trained and ready for the fight. Flying, fighting and winning has been our budget focus for many years; yet we haven't upgraded our aircraft or weapon systems.

The average age of our aircraft is 25-years-old. How many of you drive a car that's 25-years old?

These aircraft are less fuel-efficient, require a great deal of maintenance and parts are often hard to find.

Our maintainers do a great job but the technology and the efficiency of modern aircraft are clearly leaps ahead of the aircraft and space systems our Air Force employs today. We know this and so do our enemies.

We must transform our force to be ready to meet tomorrow's threats. That's why we need PBD 720 and Force Shaping. Congress, in Program Budget Decision number 720, granted the Air Force authority to reduce manpower authorizations to save money. The Force Shaping Program outlines how manpower reductions will be accomplished to ensure the Air Force meets the force reduction mandated by PBD 720, and maintain our mission capability. We must provide our warfighting commanders with skilled and

experienced Airmen with the right equipment, weapons, technology. The \$6 billion realized from PBD 720 will allow us to keep our main focus on equipping Airmen, rather than simply manning equipment.

It's not just about "cutting" people; it's about streamlining and equipping our force-building a new Air Force -- to better defeat the threats of today and tomorrow.

Force Shaping will help us mold our service so we remain the world's greatest Air Force. New technologies allow one Airman to do the work of many Airmen. Some of our career fields have excess manning and we'll work to move those positions to stressed career fields.

Having the right number of people in

our force, and the right balance in our specialties, makes us more efficient and saves money so we can build the Air Force of the future. There are many changes ahead and they will affect you. Some have already been asked to retrain. Others may not be able to re-enlist. Your Air Force will provide assistance to those leaving our service and help minimize the impact on you and your families. Know that your service to your country has tremendous value and is deeply appreciated by those you defend and protect. I am proud to serve with you.

For more information on force shaping, visit [www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm](http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm).

For more roll call articles, visit [www.af.mil](http://www.af.mil).



## November Article 15's

A 9th Aircraft Maintenance Squadron Senior Airman received a suspended reduction to Airman First Class and a reprimand for violating Article 86 - Absence Without Leave: (1 day) and Article 92 - Failure to Obey Order or Regulation: Failed to obey order from SSgt.

A 9th Maintenance Squadron Senior Airman received a suspended reduction to Airman First Class, 14 days extra duty, and a reprimand for violating Article 108 - Military Property of the United States - sales, loss, damage, destruction, or wrongful disposi-

tion: Defacing walls in government housing.

A 13th Intelligence Squadron Airman received a reduction to Airman Basic and reprimand for violating Article 92 - Failure to Obey Order or Regulation: Sleeping on duty.

A 9th Intelligence Squadron Airman First Class received a reduction to Airman, 15 days extra duty, and a reprimand for violating Article 92 - Failure to Obey Order or Regulation: Failing to provide documentation to finance, resulting in unauthorized BAH.

Commanders may suspend all or part of a punish-

ment for up to six months. If the member fails to meet a condition of the suspension, the commander can remove the suspension and impose the punishment. For example, a member is given a suspended reduction to Airman on 1 Dec 2006. On 1 Jan 2007, that same member fails to meet a condition of the suspension. The commander can impose the punishment that was suspended and the member is then reduced to Airman effective 1 Dec 2006, the date of the original action. This action is called "vacating" the suspension.

## Commissaries ring up increased savings for military families

By Bonnie Powell  
Defense Commissary Agency

FORT LEE, Va. - Commissary customers are ringing in the New Year with record-breaking savings. As a result they should be "resolving" to shop their local commissary more often.

"I'm proud to announce that average customer savings for a family of four have risen to nearly \$3,000 annually," said Patrick Nixon, Defense Commissary Agency Director and CEO. "As an agency, we always deliver the message that our savings are an 'average of 30 percent or more' worldwide, but savings have actually been holding steady at about 32 percent for several years

now."

DeCA has not revised its savings messages for over a year, but using current United States Department of Agriculture figures for retail grocery food purchases consumed at home, a family of four shopping at the commissary on a regular basis can now save \$2,957 annually on groceries. The figure formerly used was \$2,700.

"Considering the rising cost of food, our buyers and the manufacturers and vendors that sell groceries in the commissary system have done a great job in maintaining outstanding customer savings over commercial grocery stores," Nixon said. "It all adds up to savings that can be used by military families to meet the

rising costs of college, vacations, new cars - or even gas for their cars."

Under the latest calculations, couples can save \$1,885, and singles can save \$1,029 by shopping regularly at their commissary.

DeCA's average savings calculations are based on an annual price comparison study, which compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and supercenters. The study also takes into account state taxes and the 5 percent commissary surcharge, which goes to renovate commissaries and build new ones.

Figures for fresh meat and produce, as well as data for locations

outside the contiguous United States, are obtained through random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions, as well as customer buying habits.

The commissary benefit also offers an efficient return on investment for the American taxpayer. "The commissary benefit has always been recognized as one of the military's most valued benefits," Nixon said. "When you take customer savings into account, commissaries deliver more than two dollars in benefit to military customers for every tax dollar expended to support the system, and we're extremely proud of that accomplishment."

## Troop support hits record high

DALLAS - According to the military command in charge of providing access to items of necessity and convenience to military families the world over, support for America's troops is at an all time high.

The Army and Air Force Exchange Service, the military's oldest and largest exchange service, announced today that contributions to its "Gifts from the Homefront" troop support effort have soared this holiday season, jumping more than 300 percent in November alone.

"Last month, America rallied behind our troops and sent 4,502 Post and Base Exchanges gift certificates worth more than \$125,000 to our Armed Forces," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "The November response pushed annual contributions to their highest level since this program began in March 2003. With two weeks left in 2006, the American public has already surpassed the total support received last year by 5 percent."

New York led last month's charge, sending 648 "Gifts from the Homefront" worth more than

\$30,000, while folks in Missouri spread their support of nearly \$15,000 out over 738 certificates. Texans got into the holiday spirit as they dropped 253 gifts into the mail in November, and residents of Illinois showed their patriotism as they ordered 189. Florida rounded out the top five states supporting American troops last month as they sent 97 gift certificates worth nearly \$5,000.

"There's no 'corner store' in Iraq or Afghanistan," said Eaton. "PX and BX retail operations go where our Soldiers, Sailors, Airmen and Marines go to provide access to snacks, sodas and entertainment material like magazines, CDs and DVDs. Providing a gift certificate that can be redeemed at one of these locations gives a service member an opportunity to take a break and do something totally "all American" during this time of year — shop."

Today, AAFES operates 54 PX/BX facilities throughout Operations Iraqi and Enduring Freedom. The stock assortment found in these exchanges varies from location to location, but even the most basic operation provides access to toi-

letries, phone cards and cold drinks. Any American can send these and many more products to deployed troops by ordering a lightweight "Gift from the Homefront" gift certificate for less than it costs to send a 1 lb. package.

Anyone can send a "Gift from the Homefront" by logging on [aafes.org](http://aafes.org) or calling 877-770-4438. From there, the gift certificates may be sent to an individual service member (designated by the purchaser) or distributed to "any service member" through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Navy-Marine Corps Relief Society, Operation Homefront, Operation Interdependence(r), Soldier & Family Assistance Center, USA Cares or USO.

As of Dec. 1, 75,659 "Gifts from the Homefront" gift certificates have been sent since the Department of Defense approved the exchange support campaign in March 2003. More than 20,000 of these have been delivered to service members and their families via AAFES' 10 charitable partners.

## *New Year's resolutions:*

# Bush notes progress on Iraq plan, praises troops, families

By Gerry Gilmore  
*American Forces Press Service*

WASHINGTON — After a three-hour meeting with his national security team today, President Bush noted progress in defining the way forward in Iraq and praised service-members and their families for their sacrifices.

Bush said input provided by Defense Secretary Robert Gates and Joint Chiefs of Staff Chairman Marine Gen. Peter Pace are important parts in his deliberations in making a new strategy for Iraq.

Gates and Pace, the United States military's most senior civilian and military officials, respectively, traveled together during a recent trip to Iraq and provided their impressions to the president last weekend.

"They reported firsthand what they saw, what they found," Bush said. "It's an important part of coming to closure on a way forward in Iraq that'll help us achieve our objective, which is a country that can govern itself, sustain itself and defend itself."

Other members of the National Security Council who attended the meeting in Crawford, Texas, today included Vice President Richard Cheney, Secretary of State Condoleezza Rice, National Security Advisor Stephen Hadley, and his deputy, J.D. Crouch II. Bush told reporters that he had more consultations to make before he announces his decision on a new strategy for Iraq sometime in January. The president also said he'll continue to work with the Iraqi government, noting the key to success in Iraq is for that government to be willing to confront extremists that want to tear it down.

"The key to success in Iraq is to have a government that's willing to deal with the elements there that are trying to prevent this young democracy from succeeding," he said.

The president said he'd also consult on Iraq with both sides of the aisle in the U.S. Congress.

"Not only will I continue to reach out to Congress, but members of my team will do so as well," Bush said. "I fully understand it's important to have both Republicans and Democ-

rats understanding the importance of this mission."

It's important that Americans know that success in Iraq is vital to the nation's security interests, Bush said.

"If we were to not succeed in Iraq, the enemy, the extremists, the radicals would have safe haven from which to launch further attacks," Bush said. "They would be emboldened. They would be in a position to threaten the United States of America."

Iraq, therefore, "is an important part of the war on terror," the president said.

Bush said he's making good progress formulating a new strategy that will help the United States and its allies achieve desired goals in Iraq.

The commander in chief praised the thousands of men and women in the U.S. military who are deployed far from home during the holidays to defend America.

"There's nobody more important in this global war on terror than the men and women who wear the uni-

form and their families," Bush said. "As we head into a new year, my thoughts are with them. My thoughts are with the families who have just gone through a holiday season with their loved ones overseas."

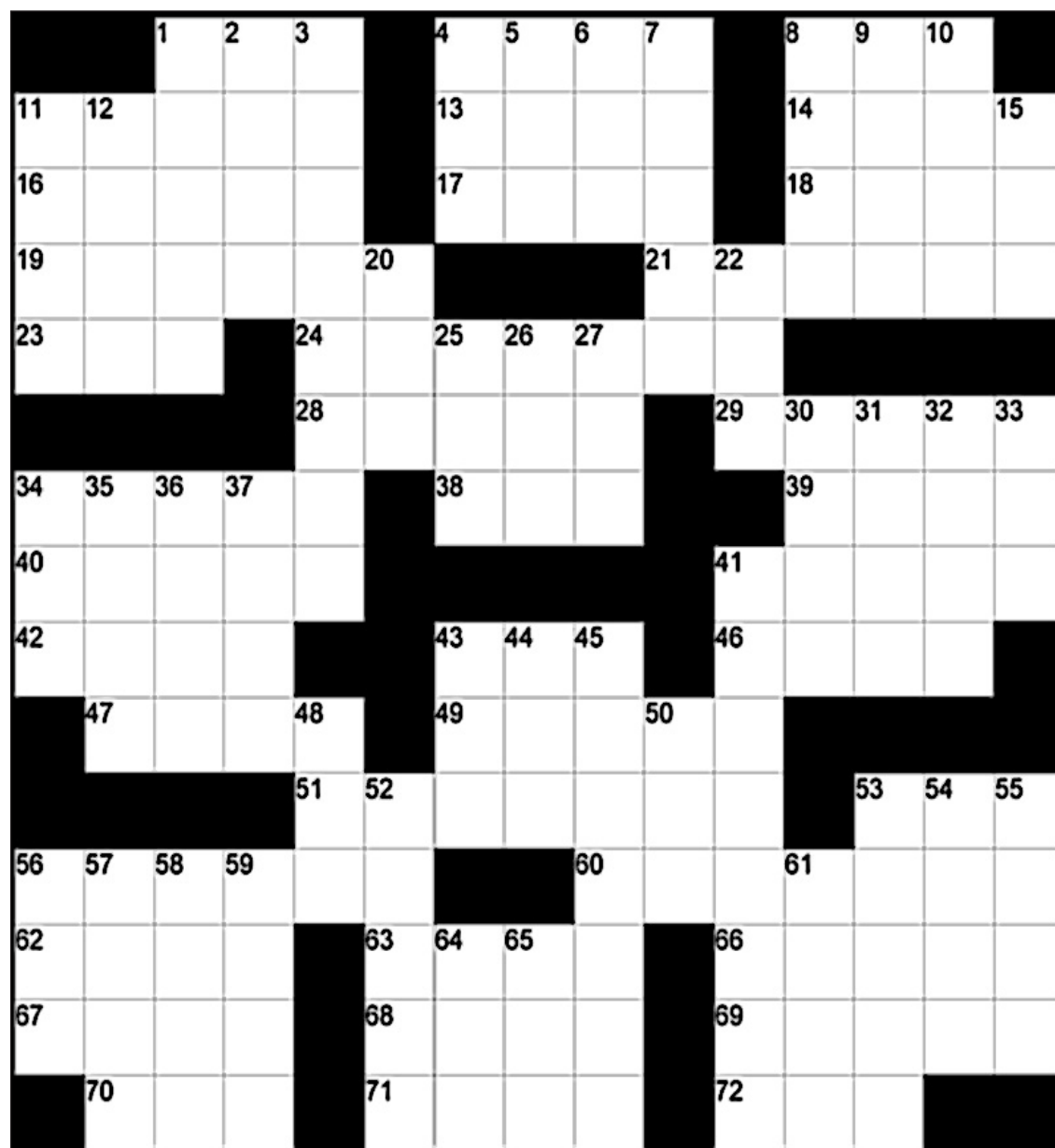
The troops' welfare is always on his mind, the president said. And, the safety of U.S. servicemembers and success in Iraq, he said, are among his wishes for the coming year.

"My thoughts are with the troops as we head into 2007," Bush said, noting his New Year's resolution "is that they'll be safe and that we'll come closer to our objective, that we'll be able to help this young democracy survive and thrive, and therefore we'll be writing a chapter of peace."

"I can't thank our families enough for supporting their loved one who wears the uniform," Bush said, adding he also can't thank enough the soldiers, sailors, airmen, Marines, and Coastguardsmen who wear the uniform.

"May God continue to bless them," Bush said.





## AF Leaders

## ACROSS

1. US Army org., once  
 4. Inspector General (SAF/IG)  
 8. Op and Deco  
 11. Shatter  
 13. Native maid or nurse in India  
 14. Strategic Plans and Programs (A8)  
 16. Heart chamber  
 17. "Pistol \_\_\_\_;" basketball legend Maravich's nickname  
 18. Actor Jared  
 19. Guest  
 21. Condense  
 23. USAF commissioning source  
 24. Intelligence (A2)  
 28. Beer type  
 29. Judge Advocate General (AF/JA)  
 34. Secretary of the Air Force (SAF/OS)  
 38. \_\_\_\_ Arbor  
 39. 80s music group  
 40. Ebullient  
 41. Tropical eel  
 42. Soda machine opening  
 43. Appendage  
 46. Tribe  
 47. Major or Minor  
 49. Item used to stop an airplane tire  
 51. Huge statues  
 53. Dancing with the Stars Carrere  
 56. Director of Communications (SAF/CM)  
 60. Ira \_\_\_\_; 1970s counterculture icon, killer  
 62. Fits to \_\_\_\_  
 63. Knob  
 66. Trained in a classical or operatic tradition  
 67. Profoundly wise person; a person famed for wisdom  
 68. Great Lake  
 69. Delete  
 70. Undermine  
 71. \_\_\_\_ Martin; cognac maker  
 72. Affirmative

## DOWN

1. Tips off  
 2. Movie dog  
 3. Air, Space and Info Operations, Plans and Requirement (A3/5)  
 4. Sabotage  
 5. Vote in favor  
 6. Small rug  
 7. Turtle's home  
 8. Leather working tools  
 9. Performs  
 10. Coddle  
 11. Mil. travel org.  
 12. Champagne type  
 15. Wear  
 20. Afternoon beverage  
 22. Hearing organ  
 25. Tiger Woods' org.  
 26. X to Caesar  
 27. Ornate vase  
 30. American  
 31. Designer Wang  
 32. Actress \_\_\_\_ Rachel Wood  
 33. Bean type  
 34. Director Craven  
 35. River separating DPRK and PRC  
 36. The Killing Fields Best Supporting Actor  
 37. New Jersey team  
 41. Chief Master Sgt. of the Air Force (CMSAF)  
 43. Site of common sports injury, in brief  
 44. Greek letter  
 45. Air Force Chief of Staff (AF/CC)  
 48. Pilot with 5+ kills  
 50. CBS TV show  
 52. More aged  
 53. Roman garb  
 54. Eye part  
 55. Poker bet  
 56. \_\_\_\_ Vegas  
 57. Greek letters  
 58. Under Secretary of the Air Force (SAF/US)  
 59. Leak  
 61. In this place  
 64. Fury  
 65. \_\_\_\_ High

## Fitness Center will help you with New Year's health & fitness resolution!

If you're like most people you have at least one New Year's resolution. Chances are it's associated with health and or fitness. According to a recent GNC poll, 55 percent promised to eat healthier, 50 percent resolved to exercise more, and 38 percent wanted to lose weight. We make our resolutions with good intentions, yet unfortunately most of us fail to keep them. It is Services' objective to help you reach your goals and keep your New Year's resolutions. Here are some simple steps that will make it easier to fulfill the promises that you made to yourself.

Go to the **Harris Fitness Center** and find the right program for you. Create a game plan. Write an all-inclusive plan describing your mission and details on how you'll achieve it. Keep a journal of your accomplishments. Instead of resolving to look like a movie star, set realistic goals and decide to include daily physical activities. The Fitness Center has many to choose from including circuits, indoor cycling, cardio/core, dance fitness, spinning, step, kickboxing, yoga, or strength and tone classes. They also offer Kook Sul Won Martial Arts, tennis lessons, Fun Runs, and intramural sports. Right now they are accepting sign-ups for bowling intramurals.

It's best not to make a big dramatic goal, instead, divide it into smaller pieces. Set several smaller goals to achieve throughout the year. Even if you aren't able to reach your final goal, you will have many smaller, but still important accomplishments along the way. If your goal is to complete the 26 mile California International Marathon in



Sacramento, you may want to create smaller goals first. One way of doing this is by participating in the Harris Fitness Center's Fun Runs, Beale Cup and Recce Challenges. You can also use the indoor facilities which include a basketball court, racquetball courts, aerobic rooms. There is a cardiovascular area, a free weight room area and nautilus circuits training room. For those customers who love a challenge, or just enjoy some fun competition, the fitness center offers motivation programs. Sign up for the AFB Fitness Award Program and receive great prizes.

Everyone needs help sometimes and getting professional assistance is just a call away. Make an appointment and a personal trainer will be appointed to you free of charge for your first visit. Research studies have shown that assistance from fitness professionals greatly improves success rates. If you're new to exercising, it's a good idea to hire a personal trainer to help you set the routines. A few sessions can get you going on the right track and can help you set realistic goals. A trainer can teach you the correct form so that you get the most out of the exercises without injuring yourself. They will also help motivate you and insure your workouts are appropriate to your age and fitness level. The Harris Fitness Center has so much to offer when it comes to exercising.


If nutrition and health is your resolution, the **Community Center** is also dedicated to helping you. Every Wednesday bring a paper bag lunch to the "Healthy for Life" class from



**JAN TOURNAMENTS & EVENTS**  
**2-PERSON TEAM SCRAMBLE**  
**Jan 6th • Tee Off Time 9:00am**  
 \$30 per team plus green fees & cart rental  
**ACTIVE DUTY GOLF DAY**  
**Jan 19th • Dawn-Dusk**  
 18 Hole Callaway Tournament • \$8 per person  
 Come over to the Pro Shop and meet Ken Yuson, the new golf course manager.

**Coyote Run Golf Course 788-0192**

**Aero Club**  
**Private Pilot School**  
**Classes Begin Jan 9th**  
**COST: \$360.00**  
*10 Week Course Includes Tuition, Books & Supplies.*  
*This course prepares students to take the written FAA Exam and flight test.*



Contact the Aero Club at 634-9011  
 or contact the instructor:  
**Larry Doyle 913-4558**

AIR FORCE SERVICES  
 FLIGHT TRAINING CENTER

### Healthy for Life

*Make your weight loss New Year's Resolution a success!*

**When?** Every Wednesday from 12:00-1:00pm starting January 3rd.

**Where?** Community Center Reno Room

**Cost?** \$10 per month (\$30 one-time registration fee includes NY Times Best Selling Book, "YOU on a Diet", and a T-shirt).

**What to bring?** Brown-bag healthy lunch.

The Weight Loss and Healthy Living support group will meet to promote a health conscious lifestyle to include eating habits, fitness and exercise.

**Community Center • 634-3140**

## Texas Hold'em Tournament

**8**

**BUFFET & DRINKS** **TWO TOURNAMENT DATES!!** **2nd & 3rd Place Prizes**

**Jan 11th**  
**GRAND PRIZE**  
 is a buy-in to the



**Colusa Casino**  
**Poker Tournament**

**Jan 18th**  
**GRAND PRIZE**  
 is a buy-in to the



**Feather Falls Casino**  
**Poker Tournament**

No federal endorsement of sponsors intended.

**Tournament starts at 5:30pm**  
**\$5 members • \$10 non-members**

*Recce Point Club 634-4948*

Continued on next page

### NEW Ballroom Dance Classes

*East Coast Swing, Cha Cha... & more!*  
 \$30 per month • ages 16 yrs & up!  
 Jan 16th • 6:30-8:30pm

**Play Group is back at the Community Center**  
 Located in the Ball Room every Mon-Wed-Fri, 9:00-10:00 am  
 Bounce House • Trikes • Toys

**Book Swap**  
 Bring a book, take a book.

**Music Lessons**  
 Saxophone - Piano - Guitar - Violin  
 Call for details.

**>> Kindermusik <<**  
 Start Jan 9th • 9:00am  
 Call for a class schedule!

**AAFES Movie Night**  
 Every Wed, Fri, & Sat, 6:00pm

**Community Center**  
**634-3140**



## HFC fitness resolution!

Continued from previous page

noon to 1:00 pm and receive vital and motivating information by certified nutritionists. For \$10 a month and a one time registration fee of \$30 you can receive tips that promote a healthy conscious lifestyle. The class promises to teach how obtain healthy eating habits, how to focus on fitness and exercise, as well as how to keep a healthy mental attitude. Weigh-ins will be bi-weekly and incentive prizes will be awarded. Experts in the Healthy and Wellness professions will also participate with the group for support, education and motivation. With the one time registration fee receive the New York Times Best Seller book, "You on a Diet - the Owner's Manual for Waist



Management" and a T-shirt. Call the Community Center for more information and to sign up.

Be sure to reward yourself with each milestone, it will help you in keeping your resolution. Treat yourself to something special. But, be careful and don't reward yourself with chocolate, instead, set up an appointment with a Massage Therapist at the Harris Fitness Center or treat yourself to a snowshoe or cross-country skiing trip held by the **Outdoor Adventure Center**.

What ever you do, don't get discouraged with your resolution. On average only 20% of us keep our New Year's resolutions, and fitness goals seem to be one of the most challenging to keep. By following the tips above and calling Harris Fitness Center at 634-2258 and the Community Center to enroll in the Healthy for Life class at 634-3140 you will be on your way in keeping up with your resolutions. You could be one of the winning 20%!

## Hub Zemke Memorial Library

Do you know that you can check your personal e-mail 7 days per week at the Base Library, which is located across the street from the Fitness Center? We also support your Mission and Education with extensive, updated text and language materials, the CSAF Reading List, and online search sites. Other conveniences offered are free computer printing, a scanner, and a coin operated photocopy/fax machine. Your recreational needs are supported with new fiction books and books on sports, cooking, hobbies, and many other subjects of interest. Our unique video/DVD collection of 3000 items with FREE 7-day checkout includes new releases such as "Cars," "Ice Age Meltdown," and "The Ringer," large Classic and Family collections, Inspirational, TV Series, Fitness, Travel, History, Science, and Biography, Children's Educational & Recreational. We also offer 1000 audio books for all age levels, and 1000 music CDs for your listening enjoyment. Story Time is offered the second and fourth Wednesdays of each month at 10:30 am (11:30 am beginning February).

During the Project CHEER program, two \$25 AAFES gift certificates were given at the drawing held at the 12/27 Story Time. New children's books are also added on a regular basis.

For information call the Hub Zemke Library at **634-2314**.

**Jan 10th & 24th • 10:30 AM**

For Pre-school & Young School Age Children

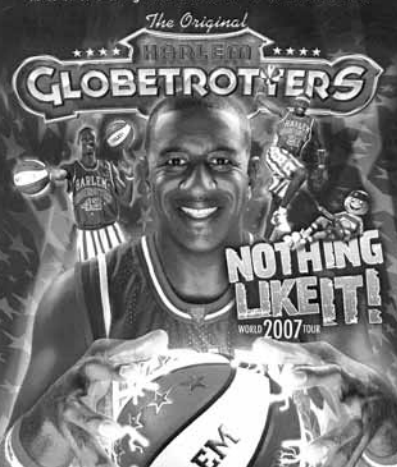


A craft will be included & library items can be checked out by participants.

**Hub Zemke Library**  
**634-2314**

**TICKETS NOW AVAILABLE!**

MANNIE JACKSON PRESENTS



**Jan 14th • 1:00pm & 6:00pm shows**  
**\$21 lower level seating**  
 For tickets: **ITT • 634-4882**

**Beale Family Day**  
 Every Saturday • 1:00 pm-7:00 pm  
**BEGINNING 6 JAN**

Includes: 2 hot dogs per person,  
 1 large basket of fries, 2 pitchers of soda,  
 3 games, shoe rental.

**\$30 for a Family of 4**  
 \$5.00 each additional person.



**634-2299**

## GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DoD CIVILIANS

### Snow Play & Tubing Day

Jan 20th / 9:00 AM-4:00 PM • Cost: \$12 • Sign up: 01/17

Join the OAC for a full day of sledding and playing in the snow. OAC will supply the sleds, saucers, hot cocoa, and chilidogs for lunch. Bring the kids and enjoy a round of snowball fights, build a snowman, or create your own concoction of fun in the snow. Ski attire, kid's boots and additional equipment (x-country skis, snowshoes, etc.) are available for rent at OAC at a discounted rate for trip participants.

### Northstar Ski Resort Shuttle

Jan 21st / 6:30 AM-8:00 PM • Sign up: Jan 18th. Cost: \$10, All ages

Return times are estimated upon weather & traffic. Let the OAC ski shuttle transport you to Northstar ski resort which was just ranked 4th best park in North America. **Northstar offers FREE lift tickets to active duty members with valid military & secondary ID\***. Everyone else can purchase a discount lift ticket at OAC.

\*Blackout dates do not qualify for the free lift tickets 01/14 & 02/18. Call the resort to verify any military discount or free programs.

### > Active Duty Ski & Snowboard Specials <

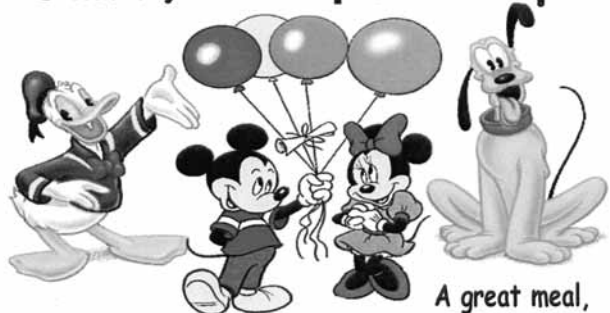
SKI RENTALS • Daily \$16, Sat-Mon \$22, Weekend (Fri-Mon) \$25.

SNOWBOARDS • Daily \$23, Sat-Mon \$28, Weekend (Fri-Mon) \$32.

**OUTDOOR ADVENTURE CENTER • 634-2054**

## Disney Block Party

Jan 9, 5:00pm-7:30pm



A great meal,  
 activities, prizes  
 and a bounce house  
 for the kids.

Adults \$4.00  
 Kids 3-15yrs. \$1.00  
 (2yrs. & under Free)

**Community Center • 634-3140**

## All Nighter Quarterly

Beginning  
 9 AM Sat, Jan 20th

Thru  
 5 PM Sun, Jan 21st



PIZZA PROVIDED BY

**Anthony's Pizza**

**Free Pizza after 2200**

**634-2296**



# New Year's Resolution

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